USA WEEKEND
FEBRUARY 7-9, 2014 • usaweekend.com

RELATIONSHIP ADVICE FOR VALENTINE'S DAY FROM DR. PHIL AND ROBIN MCGRAW

MAKE LOVE LAST

ALSO IN THIS ISSUE

4 TIPS TO SAVE YOUR SKIN FROM WINTER

IT'S NOT PIE. IT'S NOT BREAD. TRY DELICIOUS APPLE GALETTE.

vip

Phifer finds his future

Mekhi Phifer, 39, who joins Showtime's *House of Lies* this weekend, isn't worried about the pressures of overwhelming fame when his next film, the highly-anticipated *Divergent*, opens March 21. After all, he got used to being noticed 20 years ago when Spike Lee chose him to star in *Clockers*. "I don't expect people will be screaming if they see me at the supermarket," he says.

Phifer plays Max, leader of Dauntless, the bravest of the groups in the film's dystopian world. Max had to choose his future at 16. Could Phifer have made such a big decision at that age? "I was still finding myself at 16," he says. "I'd never acted. I'd planned to study engineering."

birthday buzz

Jennifer Aniston, who turns 45 on Feb. 11, is still best friends with her former *Friends* co-star Courteney Cox. She's even godmother to Cox's daughter, Coco.

2.9 Tom Hiddleston, 33; Joe Pesci, 71. **2.10** Elizabeth Banks, 40; Robert Wagner, 84. **2.11** Taylor Lautner, 22. **2.12** Christina Ricci, 34; Josh Brolin, 46. **2.13** Peter Gabriel, 64; Jerry Springer, 70. **2.14** Carl Bernstein, 70; Florence Henderson, 80. **2.15** Amber Riley, 28; Jane Seymour, 63.

A fool for love

The most romantic thing **Alex Pettyfer,** 23, has ever done for a woman? "I got on a plane to go see her. That may not sound romantic," the hunky Brit admits, "but I don't like flying. It's a big thing for me. I hold the arms of the seat in a death grip."

Pettyfer stars in *Endless Love*, opening Valentine's Day. It's a loose remake of the 1981 Brooke Shields film, Pettyfer says, and is "about two young people falling in love for the first time."

While Pettyfer is a relative newcomer to Hollywood, he has already dated plenty of famous faces, including co-stars Emma Roberts, Dianna Agron and Riley Keough. And, he has love advice for all women, famous or not: "No girl should go out with a bad boy. You want to be treated like a lady. A man should be chivalrous."

CATCHING UP WITH Carole Radziwill

The Widow's Guide to Sex & Dating may be journalist/author/reality star Carole Radziwill's first foray into fiction, but there seem to be kernels of truth in it. "I'm the queen of first and second dates," says Radziwill, whose husband Anthony Radziwill, a cousin of John F. Kennedy Jr., died of cancer in 1999. "I have a good half-hour of charm in me. ... If I don't want to lean over the table and make out with him, there's something not right," says Radziwill, who admits that her need for instant chemistry might eliminate some worthy partners. "I'm not proud of that part of me." Another true-life dating land mine for Radziwill: her journalistic urge to profile potential suitors. "I try not to do that," she says. "As a writer, my imagination is a little more active. I write these stories of how the date's going to go."

Cause CELEB

Thandie Newton

Actress, DirecTV's *Rogue*

What: V-Day, a global activist movement to end violence against women and girls. Newton, 41, has focused much of her work in the Congo, where sexual violence against women is epidemic.

When: Join the 1 billion women rising on Feb. 14

Why: Newton was a child when she saw a neighbor being abused by her husband. "Watching that had a huge effect on my psyche," she says. "It was shocking and no one was saying it was wrong. She didn't call the police; that was just part of the relationship." After becoming a mom, Newton was motivated to devote her energies to bring awareness to "the destruction of women" around the world: "I think I found the woman in me when I had my children."

How: Visit VSpot.VDay.org and OneBillionRising.org

CONTRIBUTING: Gayle Jo Carter, Nancy Mills, Arienne Thompson

PETTYFER: JASON MERRITT, GETTY IMAGES; NEWTON: JEROD HARRIS, GETTY IMAGES; RADZIWILL: MICHAEL LAVINE, BRAVO; PHIFER: ETHAN MILLER, GETTY IMAGES; ANISTON: ILLUSTRATION BY ALEJANDRO GONZALEZ FOR USA WEEKEND.

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Solar lights, as night lights

Here's an energy-saving idea to light up your winter nights:

"Those lovely little solar lights that brighten walkways and areas around a home at night, make wonderful indoor night lights — without having to rely on drawing down electrical current," writes Jan Corey Arnett of Battle Creek, Mich.

"A special benefit is that in the event of the loss of power, they can still store the sun's light during the day and provide interior lighting at night — all night — with greater safety than candles."

Have you got a tip?
Send an e-mail to usaw@usaweekend.com.

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WHO CONTROLS THE MONEY?

'Financial bullying' by partner a problem for 1 in 10 Americans

Bullying is headline stuff these days, in schools, on the Internet, in professional sports. A recent study has uncovered yet another form: financial bullying. And it's more prevalent than many might guess.

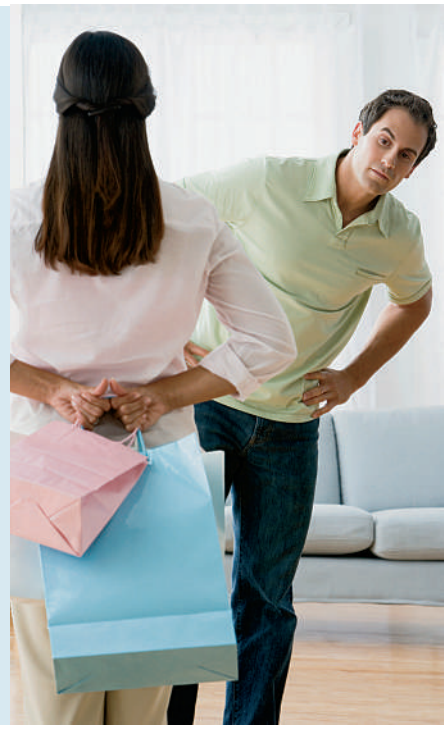
An online survey by financial website Credit Karma and Harris Interactive found one in 10 Americans consider a spouse or live-in partner a "financial bully." That can take many forms, including:

- Making someone feel guilty about their shopping habits;
- Limiting a partner's spending;
- Making a partner show receipts for all purchases;
- Imposing an allowance.

Younger people were more likely to report financial bullying than their elders; nearly one in four younger respondents said they would seek a divorce if "money were no object."

"The bully feels that by controlling a partner's finances ... the person will not be able to leave," says licensed clinical social worker Rachel Sussman of New York.

Think your partner is a financial bully? Take a quiz at creditkarma.com/financial-bullying and also see the site's advice and financial tips. **— Jeff Wuorio**



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BAD LAUNDRY HABITS YOU NEED TO BREAK

Don't wash that stain in hot water! Protein-based stainsuch as sweat, blood and most food stains require a cold rinse to avoid setting.

Check the cycle before using bleach. Whites or cotton cycles on most washers are designed to work with bleach, adding an extra rinse to get the chlorine smell out. Washing on these cycles without beach wastes water.

Don't over-soap. Read the manual and buy the correct laundry detergent. High-efficiency washers can use concentrated detergents, meaning you use less.

Lend a hand to bulky loads. Bulky items like sheets, comforters, and towels tend to bunch up in the dryer and stay damp in places, so open up the door halfway through the cycle and untangle them.

Consider air-drying. If you can air-dry, consider using your dryer only to get the initial bulk of water out of a load. High heat and constant tumbling can cause delicate items to shrink and wear prematurely.

— Keith Barry, Reviewed.com

Love a pet? Go to the vet

Americans love pets – we have 69.9 million dogs and 74.1 million cats. Many call them our "fur babies." But serious chronic illnesses, from obesity and diabetes to arthritis, are rising in cats and dogs and many owners don't even know it. Why? They skip checkups. Dog visits have slipped 21%, cat visits 30% since 2001, says the American Veterinary Medical Association. This crisis has spurred a $5.5 million campaign by more than 90 veterinary groups. "A yearly visit to your family vet is as essential as food and love," say ads pointing to HealthyPetCheckup.org for more information. "If we can get people to see veterinarians once or twice a year, pets would be healthier, and living longer, and overall pet owners could actually save money," says Michael Cavanaugh, CEO of the American Animal Hospital Association. **— Steve Dale**

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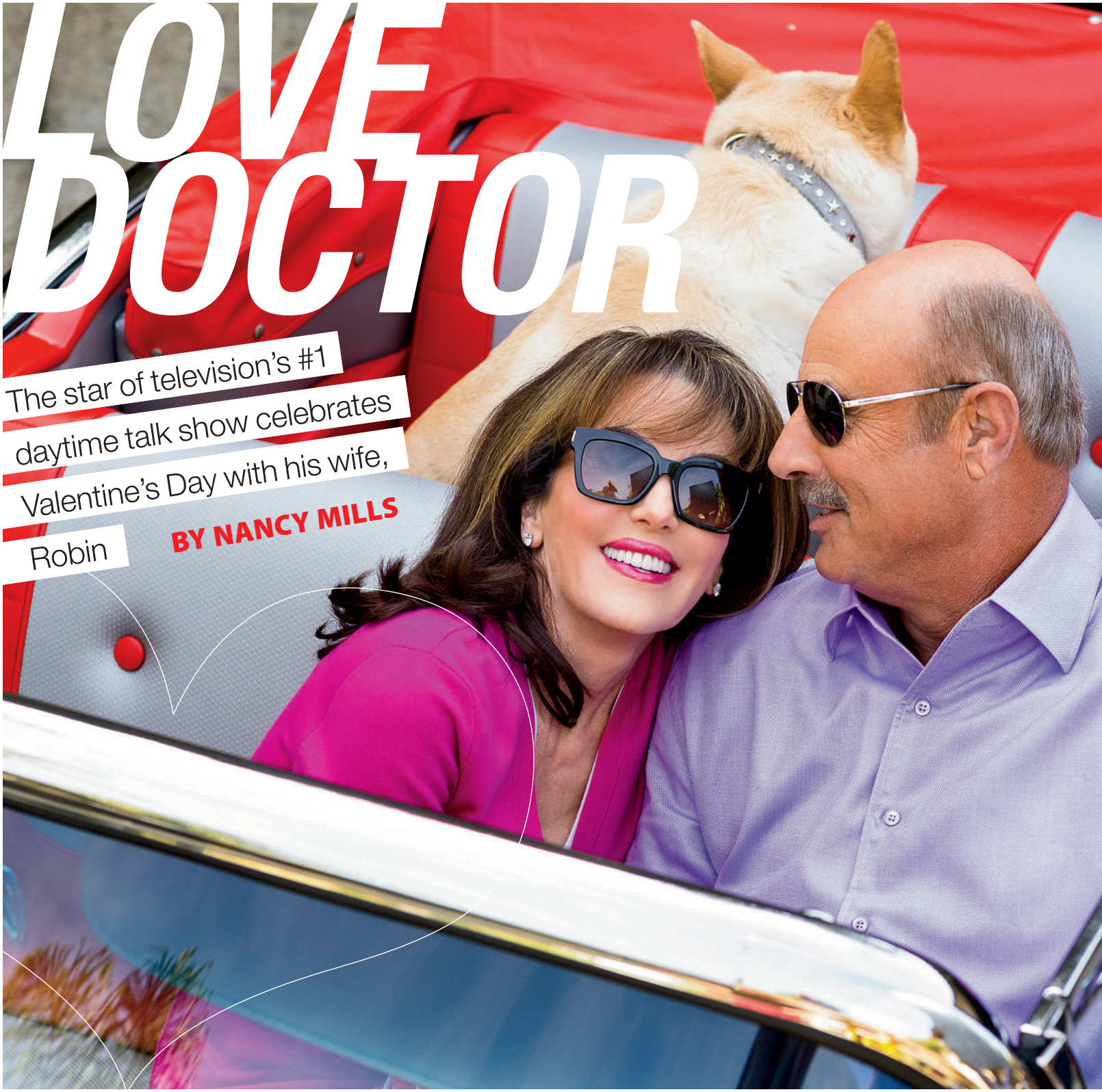
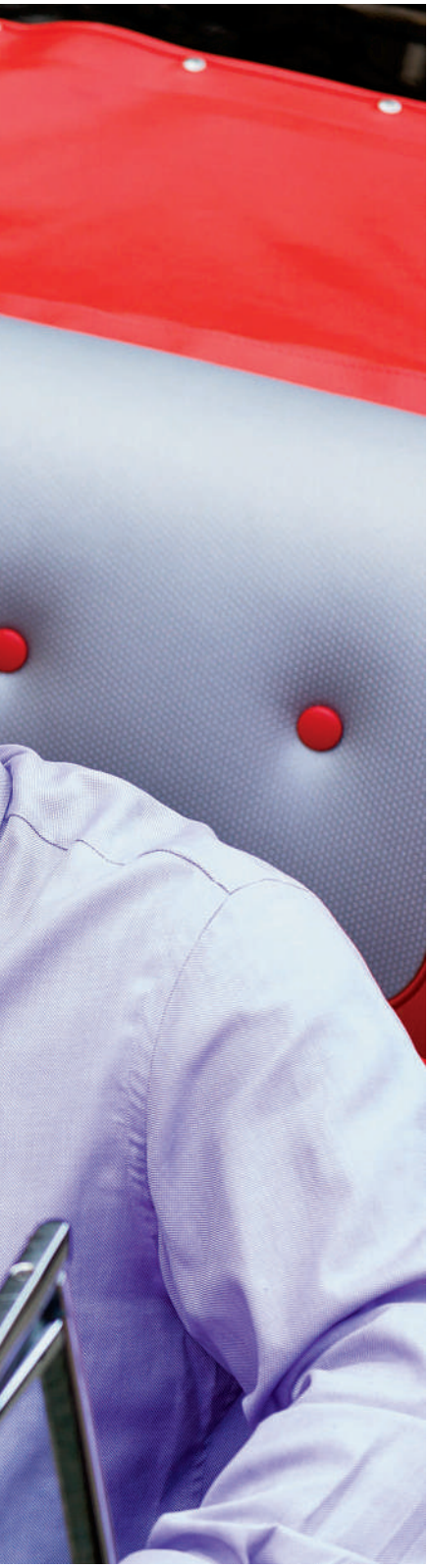
LOVE DOCTOR

The star of television's #1 daytime talk show celebrates Valentine's Day with his wife, Robin

BY NANCY MILLS



COVER AND COVER STORY PHOTOGRAPHY AND RETOUCHING BY LARSEN & TALBERT FOR USA WEEKEND



IT WAS NOT EXACTLY LOVE AT FIRST SIGHT

when Dr. Phil McGraw met his wife, Robin. Her hair was wrapped in empty orange juice cans. He was sick and slumped in front of a TV.

But by the end of that day nearly 41 years ago, they arranged a date. He flew her over the town in his own small plane. By the end of the week, she walked him past a church and mentioned the "M" word.

"Robin was pretty serious early on," Dr. Phil, 63, says, "It was very clear that she was interested in me." He looks fondly at his wife, who is cuddled up next to him in the media room of their Beverly Hills mansion.

"We met through Philip's sister Brenda," says Robin McGraw. "Brenda and I went to high school (in Texas) together. The summer after graduation, we saw each other downtown, and she invited me over to her house to catch up. She said, 'We need to be quiet because my brother just got back into town and he's very sick.' I didn't know she had a brother."

Flash forward a week. Robin returns to the McGraw house to go on a double date with Brenda and her boyfriend, but Robin's date cancels. Brenda suggests she hang out at the house until she returns. Robin decides to watch TV and goes into the family room, where she happens upon Phil, who hadn't yet gotten his Ph.D.

"He kind of scared me because he didn't have a smile on his face," Robin says. "He was very serious. I thought, 'This must be the brother.' The first thing he said to me was, 'Who are you?' He didn't warm up too quickly."

Jumping into the story, Dr. Phil says, "I didn't know anybody else was in the house. Despite the curlers, she was pretty cute. She doesn't look a whole lot different now."

Warming to the tale, he continues, "The room I was staying in had an air conditioning vent that let me hear everything that was being said in my sister's room. She thought I was a pretty good deal, so I knew I had the inside track."

"I was telling Brenda, 'He sure is cute," Robin, 60, says. '"There's something nice about him. I felt really safe with him. He seems like he'd take really good care of me.' We've been together ever since."

She may have been just 19, but Robin knew what she wanted. "I wasn't really looking for a husband," she says, "but I did know I wanted to be a wife and mother. I'm not one to sit around and wonder. If I'm falling in love with a man who has no intention of ever marrying me, I've got to get out right now.'"

"There was a whole strategy early on," Phil says. "I respected that about her. I always tell people, 'Don't waste your time talking to someone who can't say yes.' "

"IF YOU'RE GETTING A GOOD PART OF WHAT YOU WANT, GET HAPPY."

"I felt it necessary to find out what he thought about marriage, not necessarily how he felt about marrying me," Robin says. "Philip was very honest. He said, 'I'm not against marriage, but I'm not looking to be married right now'"

Robin did her best to change his mind.

"Her mother was a world-class cook, and within that first week, she calls and says, 'I decided to make you a pie.' She talked me through the whole thing. She wasn't making the pie. Her mother was making the pie. As soon as it was done, she showed up with this amazing-looking pie, which I mowed down.

"I'm thinking, 'I've got this hot chick who cooks and plays tennis. She's got a great personality, a lot of spunk, great energy. She's really a smart aleck. How much better can it get?' I probably overlooked the marriage red flag."

Phil had already said his vows once. A star football player in high school, he married a cheer-

Continued on page 8

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Continued from page 7

leader when he was 20, but the marriage ended quickly.

Three years into their relationship, Robin told him, "I think I've proven to you I'd make a pretty good wife. I'm ready to get married. If you're not, tell me now.' He said, 'I'm not ready.' We broke up for three weeks."

"But we talked on the phone every night," Phil interjects. "Finally I said, 'Okay. Let's pick a time when I at least have my master's degree and I'll be able to provide.' I got it on Aug. 14, 1976. Guess what day we got married. Aug. 14, 1976. I skipped graduation. They were walking across the stage. I was walking down the aisle."

According to Phil, the couple spent those three dating years working out problems in their relationship. "We made a deal early on to handle things as they came up before they got big," he says. "We've had a lot of small things — schedules, parenting, kids — but we've never let problems build up and then had a big blow-up.

"We were cheated out of make-up sex," he adds jokingly, "but we saved a lot of time."

In 2010, with his TV series *Dr. Phil* continuing to thrive, he surprised his wife with a home atop one of Beverly Hills' highest hills.

They had tried to buy it while it was under construction, but the owner wouldn't sell. Then one night, Phil said casually to Robin, "Let's drive by that house you like." The front door was open, and he scooped her up, carried her across the threshold and said, "Welcome home!"

Today the house, which has a swimming pool, clay tennis court and guest house, is filled with books and glass sculptures. Photos of their sons — Jay, 34, who executive-produces *The Doctors*, and Jordan, 27, a musician — and their two grandchildren — Avery, 4 next month, and London, 2½ — feature prominently.

Dr. Phil has been renewed through 2017, and Robin continues to be in the audience for every show. He has written seven #1 *New York Times* bestsellers, and she has written two #1 *New York Times bestsellers*. This spring, she'll launch a skin care line, Robin McGraw Revelation. Profits from the company will help fund the domestic violence programs her charitable foundation, When Georgia Smiled, supports. Life is sweet for the McGraws. Dr. Phil often asks guests on his show, "How is that working out for you?" His answer to that question? "It's working out pretty well."

TIPS FROM DR. PHIL

Desperation is a real turn-off. You can smell it like a skunk. People push themselves too hard to find a mate. The good thing about not being in a relationship is that at the next turn, you might meet the person you're going to spend the rest of your life with.

Have emotional integrity. If you make a deal, stick to it. It won't work all the time, but don't say something if you don't mean it.

Decide what you really want. If you're getting a good part of what you want, get happy. Let the rest go.

Divorce is not the end of your problems. It's just a new set of problems.

If you look at your mate and they're not smiling, change what you're doing. If they're smiling, keep doing what you're doing.

What happens in the first four minutes

NEW MATCH.COM SURVEY REVEALS LOVE BY THE NUMBERS

Match.com, which helped to pioneer online dating, has revealed the results of its *Singles in America: 2013* survey. More than 5,000 single men and women ages 21 to 71 took part. Here are some of the suprising findings:

92% of single men feel comfortable if/when a woman asks them out

The "big three" criteria by which singles judge a date are grammar, confidence and teeth

92% of singles drink on a first date

Straight singles younger than 40 are most likely to believe that the man should always pay

72% of single women think it's OK to casually date more than one person at the same time — vs. 60% of men

"Treats me with respect" is the most important quality in a partner, for both men and women

74% of singles would date someone of a different ethnicity

Most gay men and lesbians want to get married

89% of singles believe you can stay married to the same person forever

when you reconnect sets the tone for the rest of the connection. "Shut the world out. Hug, kiss, connect, really focus on the other person. Don't start complaining."

Everybody focuses on fixing their partner, but the only one you have control over is you.

FINAL WORD FROM ROBIN: Remember to say, 'I love you.' "

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— InStyle —
"Envision a future sans bikini waxes."

— DERMASCOPE —
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— EBONY —
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— allure —
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Winter skin solutions

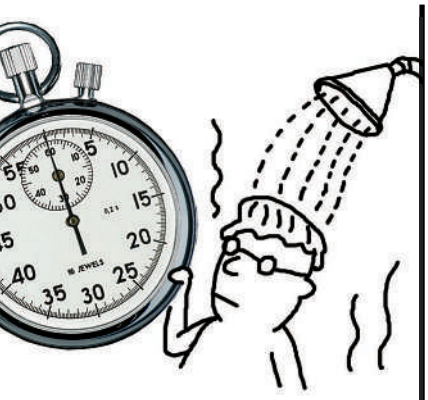
The blustery cold outside and cranked-up heat inside isn't very kind to your skin: Dry air everywhere depletes it of moisture, leaving it flaky, itchy and cracked — not to mention the fine lines and wrinkles that tend to become more noticeable. Try these strategies to help protect — and replenish — your skin:

Keep showers short. Like five or ten minutes, quick. That's about the right amount of time that'll add moisture, according to the American Academy of Dermatology (AAD); much longer and your skin will begin to dry. Also set the water temp at lukewarm (hot water removes natural oils more quickly) and use a gentle, fragrance-free cleanser (instead of deodorant bars or regular soaps). Post-shower, pat your skin dry (it's less irritating than rubbing) and immediately slather on the moisturizer to trap water in the skin. And speaking of moisturizers ...

CLICK
ADVICE FROM THE Doctors
FOR VIDEO ON THIS TOPIC, GO TO usaweekend.com

Choose ointments or creams over lotions. They tend to work better, and irritate less. Oil-based ointments (that contain olive or jojoba oil, for example) are particularly good

50K



Long, hot showers dry out your skin. Keep 'em short.

because they form a protective layer on the skin. Other soothing ingredients to look for include lactic acid, urea, hyaluronic acid, dimethicone, glycerin, lanolin, mineral oil and petrolatum, the AAD says. Moisturize your skin as needed throughout the day, and don't neglect your lips — use a balm that feels good when you apply (if it stings or tingles, switch to another).

Wear sunscreen. Yes, even in winter for a good list of reasons: exposure to the sun's rays increases the risk of developing dry skin, wrinkles, age spots, spider veins and skin cancer. Use a broad-spectrum sunscreen with an SPF of 30 or higher on all exposed skin.

Protect your hands. They often feel the effects of a dry environment first, so slip on warm gloves outside and wear waterproof ones inside if your hand are frequently immersed in water, the AAD suggests. And after every hand wash, use a non-greasy cream.

The Doctors is an award-winning TV show. Check local listings.

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- Built-In LED lights feature one forward light and two lights pointing down to light your way

Stands On Its Own!

Trusty Cane™ is the one cane you can trust to provide secure, reliable support on any surface. It's the walking cane that is stable enough to stand freely at your side making it easier for you to do the things you like. Trusty Cane's unique pivot head lets the cane move with you while the triple tread base holds its grip without slipping like ordinary canes. Trusty Cane's distinctive feature is the built in LED lights. The ultra-bright LED bulb lights your path ahead while two LEDs illuminate the ground at your feet. Foldable for easy travel, Trusty Cane springs back into action when you're ready to go.

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food

Easier than pie? Sweet!

Great American Meals from THE CULINARY INSTITUTE OF AMERICA®

If you want to make something special for your sweetie, there's nothing like the smell of apples baking in the oven to say, "I love you." Just roll out the dough, place the filling in the center, and fold up the sides. And don't worry… the more uneven the folds, the more rustic it looks. Using whole wheat flour offers better nutrition and an artisan look.

RUSTIC APPLE GALETTE

Yield: Five 8-inch tarts

½ cup granulated sugar

¼ teaspoon ground cinnamon

6 Granny Smith apples

1 recipe Whole Wheat Pie Dough (recipe at right)

2 cups orange marmalade or apricot jam

Egg wash (1 large egg whisked with 2 tablespoons cold milk or water)

¼ cup melted butter

Preheat the oven to 350 degrees F. **Combine** the sugar and cinnamon in a bowl and set aside. **Peel** the apples, cut in half, and remove the core. **Slice** the apples about 1/8 inch thick.

Transfer the dough rounds to parchment paper-lined baking sheets. **Spread** about 1/3 cup of marmalade onto each dough round, leaving a ½-inch margin around the outside. Arrange the apples in an overlapping circle on top of the marmalade.

Brush the 1/2-inch perimeter of each dough round lightly with egg wash. **Fold** the dough edges in toward the center, over the fruit, pinching and folding the dough to seal the edge and create a pleated border.

Brush the apples with melted butter and sprinkle with cinnamon and sugar. Brush the pleated edge of the dough with more egg wash. **Bake** in the oven until the dough takes on a little color and the apples are soft, approximately 20 minutes.

Remove the tart from the oven and cool on the baking sheet on a wire rack for at least 20 minutes before slicing. Serve warm or at room temperature.

Chef's note: You can substitute sour cherries, apricots, peaches or pears for the apples.

WHOLE WHEAT PIE DOUGH

Yield: Five 8-inch dough rounds

3¾ cups whole wheat flour

½ teaspoon salt

¼ cup flax seeds

1 cup (2 sticks) cold unsalted butter, cubed

1 cup ice water, or as needed

Combine the flour, salt and flax seeds in a large bowl and scatter the butter pieces over the dry ingredients.

Using a pastry blender, or rubbing the mixture between your fingers, work quickly to cut or rub the butter into the dry ingredients until it is in pieces the size of small hazelnuts.

Sprinkle half of the ice water over the butter mixture. Using your hands or a rubber spatula, lightly toss the dry mixture until the dough just begins to hold together. Continue to add water in small amounts until it becomes a rough but pliable dough. The dough should just hold together when pressed to the side of the bowl.

Turn the dough out onto a lightly floured work surface. Shape the dough into five 8-inch-diameter flat, round disks and wrap them tightly in plastic wrap. Chill the dough in the refrigerator for at least 45 minutes to two hours, or preferably overnight.

Potluck VISIT USAWEEKEND.COM BY FEB. 13 TO WIN A FREE COPY OF THE CIA'S **CHOCOLATES AND CONFECTIONS COOKBOOK**

sidedish

WE'RE NO. 1!

Apples are the No. 1 tree fruit in the world and have been cultivated as far back as 300 B.C. in Greece. With so many varieties to choose from, try a new one — or a combination — in your galette.

LET THEM EAT GALETTE

The galette originated in the Brittany region of northwestern France. Made from buckwheat cooked over a wood fire, it was sometimes used as a replacement for bread.

CLICK **Watch the CIA's Chef Bill Briwa show you how simple it is to make pie dough in your food processor at usaweekend.com.**

PER SERVING (one-half of 8-inch galette): 651 **CALORIES**, 8 g **PROTEIN**, 102 g **CARBOHYDRATES**, 9 g **FIBER**, 25 g **TOTAL FAT** (16 g saturated fat), 162 mg **SODIUM**, 82 mg **CHOLESTEROL**

GALETTE: PHIL MANSFIELD, CULINARY INSTITUTE OF AMERICA

The 2-piece swimdress that shapes your body and covers thighs, hips and buttocks!

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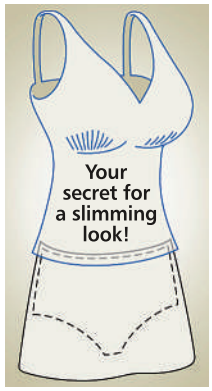

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fun

STICKDOKU

BY TERRY STICKELS

Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 3-by-3 boxes must contain all nine numbers, 1 through 9, with no repeats.

At usaweekend.com, click on the "Games" tab to play our online interactive sudoku.

	1				8			
			9			5		3
	7				5	6		9
		7		2			5	
	9			8		2		
1		8	3				7	
9		2			6			
			4				6	

FRAME GAMES VALENTINE EDITION

BY TERRY STICKELS

Can you solve these puzzles? Each communicates a well-known saying, person, place or thing. Answers below.

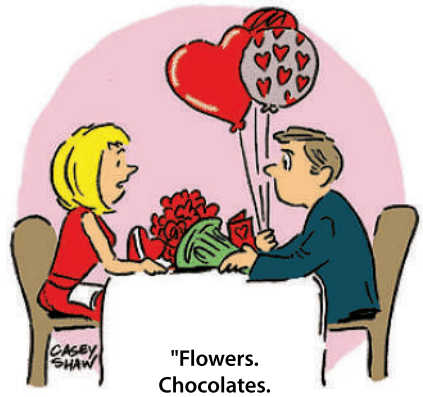
1. LOFALLVE
2. HEART
3. ROSDOESES
4. A) YOURS
   B) MINE ←
   C) OURS

FRAME GAMES™ BY TERRY STICKELS © 2014 TERRY STICKELS TERRY STICKELS.COM

2	6	8	1	9	4	3	5	7
5	3	1	6	7	8	2	4	9
4	7	9	2	5	3	8	6	1
1	4	2	3	8	7	5	9	6
8	9	7	4	6	5	1	3	2
6	5	3	9	2	1	7	8	4
9	8	6	5	1	2	4	7	3
3	1	5	7	4	9	6	2	8
7	2	4	8	3	6	9	1	5

STICKDOKU ANSWERS:

FRAME GAMES ANSWERS:
1. Fall in love
2. Heartbroken
3. Dozen red roses
4. Be mine



"Flowers. Chocolates. You finally remembered everything this year. You must be guilty of something."

CASEY SHAW FOR USA WEEKEND

Advertisement

SCIATICA BACK PAIN?

If you suffer from Sciatica symptoms, such as intense pain in the buttocks and lower back, or pain and numbness in your legs and feet, you are not alone. Over 170 million people suffer from the burning, tingling, numbing, and shooting pains because they are not aware of this proven treatment.

MagniLife® Sciatica Relief combines four active ingredients known to help relieve the debilitating pain of Sciatica. It can be taken along with other medications with no side effects. The tablets dissolve under the tongue and contain Colocynthis, which has shown to relieve the shooting pains and tingling sensations. *"The Sciatica Relief tablets are a miracle solution to the pain of Sciatica." - Lillie, CA.*

MagniLife® Sciatica Relief is **available at CVS/pharmacy, Walgreens, and Rite Aid Pharmacy**. Or you can order risk free for $19.99 ($5.95 S&H) for 125 tablets per bottle. Get a **FREE** bottle when you order two for $39.98 ($9.95 S&H). Send payment to: MagniLife S-UA, PO Box 6789, McKinney, TX 75071 or call **1-800-515-7346**. Guaranteed results, or return the bottles within 90 days for a full refund. Order now at **www.MagniLife.com**.

OVERACTIVE BLADDER?

If you experience occasional minor leaks or dribbles of urine, or a total involuntary loss of urine, you should know help is available. 25 million people suffer from incontinence problems, which may lead to a limiting of activities and social interactions to avoid embarrassment. Many people are putting up with this change of lifestyle because they are not aware of this proven treatment.

MagniLife® Urinary Incontinence Relief contains seven tested and proven ingredients, such as Causticum, used for adult incontinence, and Sepia, which relieves the sudden urge to urinate due to overactive bladder. The tablets dissolve under the tongue and can be taken safely with other medications with no side effects and no risk of drug dependency. Now you can regain control. *"Love these pills. It is the first thing in a long, long time that is helping me. Thank you!" Margeret S., FL.*

MagniLife® Urinary Incontinence Relief is **available at Rite Aid Pharmacy**. Or you can order risk free for $19.99 (plus $5.95 S&H) for 125 tablets per bottle. Get a **FREE** bottle when you order two for $39.98 ($9.95 S&H). Send payment to: MagniLife U-UA, PO Box 6789, McKinney, TX 75071 or call **1-800-515-7346**. Guaranteed results, or return the bottles within 90 days for a full refund. Order now at **www.MagniLife.com**.

RINGING IN THE EARS?

If you suffer from Tinnitus and experience ringing in the ears, buzzing, hissing, whistling, or other sounds, you should know that help is available. Many people are putting up with irritating noises because they are not aware of this proven treatment.

MagniLife® Tinnitus Relief has already helped thousands find relief when nothing else has worked. It can be taken along with other medications with no side effects. *"This tablet seems to be the only thing I've found that brings relief." - Bert M., Mt. Pleasant, IA.* The tablets dissolve under the tongue and contain Lycopodium, which reduces noises in the ears. *"I would definitely recommend this product to anyone." - C. Robinson, OH.*

MagniLife® Tinnitus Relief is **available at CVS/pharmacy, Walgreens,** in the pain relievers aisle, and **Rite Aid Pharmacy**. Or you can order risk free for $19.99 ($5.95 S&H) for 125 tablets per bottle. Get a **FREE** bottle when you order two for $39.98 ($9.95 S&H). Send payment to: MagniLife, Dept. T-UA, P.O. Box 6789, McKinney, TX 75071 or call **1-800-515-7346**. Guaranteed results, or return the bottles within 90 days for a full refund. Order now at **www.MagniLife.com**.

JUMPY LEGS AT NIGHT?

If unpleasant sensations in your legs, accompanied by an irresistible urge to move, are keeping you from falling asleep, you may have Restless Legs Syndrome (RLS). Affecting more than 30 million Americans, RLS causes symptoms such as creepy, crawly, tingling and pulling sensations that urge you to move your legs when resting.

MagniLife® Restless Legs Cream is formulated to allow for the absorption of specific vitamins and minerals that provide relief from those aggravating sensations. Infused with Lavandula Angustifolia and other essential oils for relaxation, so you can get a good night's sleep. *"You can imagine my surprise and delight when my legs kept still that very first night, and now every night since!." – Dawn, VT.*

MagniLife® Restless Legs Cream is **available at Walgreens and Rite Aid Pharmacy**. Order risk free for $19.99 ($5.95 S&H) for a 4 oz jar. Get a **FREE** jar when you order two for $39.98 ($9.95 S&H). Send payment to: MagniLife RC-UA, PO Box 6789, McKinney, TX 75071 or call **1-800-605-0893**. Satisfaction guaranteed or return the jars within 90 days for a full refund. Order now at **www.RLScream.com.**

NEUROPATHY FOOT PAIN?

If you suffer from diabetic neuropathy, or pain in your feet due to nerve damage, you should know that help is available. 20 million Americans suffer from diabetic neuropathy and put up with the pain because they are not aware of this proven treatment.

MagniLife® Diabetic Neuropathy Foot Cream contains key ingredients, such as eucalyptus oil and yellow jasmine, known to relieve tingling, numbness, and discomfort while also restoring cracked, damaged, and itchy skin. Results are so fantastic, long-time sufferers are seeing improvements for the first time in years. *"This is one product that lives up to what it says. This foot cream is amazing and immediately took the pain away. PRICELESS!!! Thank you again MagniLife." - Dan B. MD.*

MagniLife® Diabetic Neuropathy Foot Cream is **available at Walgreens, Rite Aid Pharmacy, and Walmart.** Or you can order risk free for $19.99 ($5.95 S&H) for a 4 oz jar. Get a **FREE** jar when you order two for $39.98 ($9.95 S&H). Send payment to MagniLife NC-UA, PO BOX 6789, McKinney, TX 75071 or call **1-800-605-0893**. Guaranteed results, or return the jars within 90 days for a full refund. Order now at **www.MDFootCream.com.**

SEVERE LEG CRAMPS?

If you experience painful and aggravating muscle cramps in your legs, calves, feet, or toes, especially at night, you should know relief is available. Over 100 million people suffer from nighttime leg cramps and are putting up with the pain and loss of sleep because they are not aware of this proven treatment.

MagniLife® Leg Cramp Relief is now helping people that have been living with painful cramps for years. *"I have had horrible night time calf cramps until I discovered your wonderful Leg Cramp Relief tablets. I have been taking them for about a month or so now, and I haven't had a leg cramp at night." - Loreen J., MI.* Tablets dissolve under the tongue and contain eight active ingredients, such as Magnesia Phosphorica, which reduces cramps and radiating pains that are worse at night.

MagniLife® Leg Cramp Relief is **available at CVS/pharmacy and Rite Aid Pharmacy**. Or you can order risk free for $19.99 ($5.95 S&H) for 125 tablets per bottle. Get a **FREE** bottle when you order two for $39.98 ($9.95 S&H). Send payment to: MagniLife L-UA, PO Box 6789, McKinney, TX 75071 or call **1-800-515-7346**. Guaranteed results, or return the bottles within 90 days for a full refund. Order now at **www.MagniLife.com**.

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